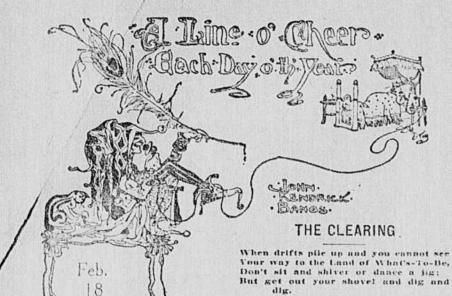
t Interest to Every Woman



There's nothing in life that will clear , distress
So well as the shovel of Cheerfulness.

The Path to Peace holds many a sting. And the Wintry Way is the Road to Spring!

WITH CORRECT STRAPS.

CHILDREN AND SWEETS

Tips for Desserts-Give No Sweets Between Menis.

When little folks are hungry or thirsty between meals give them pared ripe fruit, not pasty crackers and cakes, bread and sugar to disorder their

Grown-ups and children often crave sweets, and it is really necessary at times, but as a rule they have too much of it. Let them have stewed fruit regularly every morning; fruits with "home-made" cake for dessett, and fewer pics Delicate but not rich puddings are desirable for a change A little good candy served immediately after dinner, is all right, as it digests with the other food, and does not, as a general thing, cause gas or other ills. Eaten between times it is injurious, causes indigestion, sour stomach and takes the appetite from collds and the more necessary articles auto.

A serviceable pair of gloves for the of diet.—I. N.

POSSIBILITIES OF RAISINS

No wonder we talk of plum pudding and plum cakes when we mean rais-in pudding and raisin cakes. For the raisins that give these sweets their names are as good as a plum could be. Probably Little Jack Horner himself really pulled a raisin from his Christons pie, and not a plum.

There was two satisfactory ways of atening raisins. One is to pour boil- Sandwiches ing water over the raisins and let them stand in it until they are plump and oft, then the stones can be easily re-noved. Another way is to keep the hands constantly moistened with very Baked Sweet cold water. This keeps the seeds from sticking and makes it easy to handle Orange and Nut Salad

ven dry raisins. The small stoneless Sultanas, of This makes an course, make this seeding or stoning night support in process unnecessary, but these have the white inside process unnecessary, but these have not the size and flavor of the large pain. To three oranges take a curalishm which have seeds in them. Seeded raisins can be bought that are speeded raisins can be bought that are speeded raisins can be bought that are together, and serve on white is

ful of water for two hours; add to thom at the end of that time a well-beaten egg, a cupful of sugar and the uice and rind of a lemon. To the a tablespoorful of flour. Cook the mix ture until it thickens. Cover it wit an upper crust and bake brown,

Kaisin roly poly is an odd sweet-and it is very sweet. To make it, soak half a pound of raisins in boiling wa-ter for ten minutes, drain them, stone them and chop them fine. Roll to-rether two capfuls of sugar, half a cupful of cold water and half a tea-spoonful of cream of tartar until it will harden to the consistency of jelly when dropped in cold water. Beat it to a smooth cream and work in the raisins if the mixture is too stiff while you are working it put the dish, holding it, in a pan of warm water. Add a little extract of roses for fiavoring, but only a little. When all the raising are worked in, roll the mixture out with a rolling pin. Spreadover the sheet a thin layer of straw berry jelly, and roll carefully. From with white long and serve in slice:

Fashions and Fads

One of the fashionable colors in Both long and short sleeves are Among the late skirts are those cut

Hats of cordurey are fashionable for young girls. Fabrica show designs borrowed from

the Chinese.
In the midst of winter winds the tulle hat appears.

Many new spring costumes show the rippling founce.

For morning wear the silk or satin shirt holds its own. In the new surges the smartest colors are dust colors and navy blue.
Some new sashes are made of bro-

caded velvet, ribbon, motre or silk.

For evening, smart women are wearing the hair dressed high on the head. There is a craze for the weird, spike like feathered trimming fantesies.
Shepherd's plaid is a material which

will be extensively used this sprin New is the suggestion of the bu in most all the new spring models.

THE GREAT RISK IN EATING RAW PORK

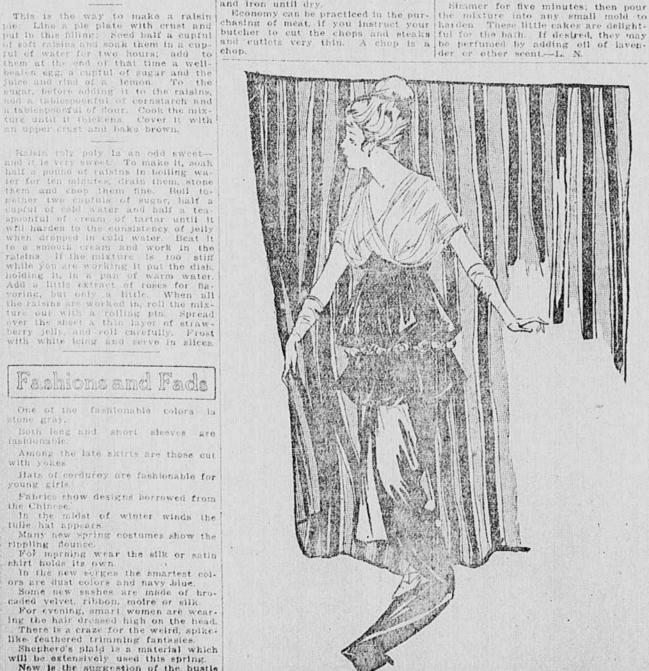
The Agricultural Department has issued a warning bulletin against the eating of uncooked and raw pork, which is printed herewith for the benent of The Times-Dispatch readers, as

follows: While American people as a rule pre-fer cooked pork, which is wholesome, there are many who unknowingly or deliberately consume pork in an un-cooked condition, either in the form of raw ham or smoked sausages. In many districts, particularly in sections with large foreign populations, a great deal of pork is made privately or commercially into such products for home use or for sale.

Great risk always attends the use of raw or undercooked pork. The ill-ness which may result from eating raw pork, known as trichinosis, is caused by a parasite or a worm, mi-croscopic in size, which occurs in the flesh of hogs. There is no known ef-fective method of treating the disease. e patient dies or recovers apparent-irrespective of the nature of the atment. Many who do not die have

treatment Many who do not die have their health impaired.
Statistics based on microscopic inspection of over 8,000,000 hogs during a period of after years in this country have shown that 1.41 per cent. of the hogs were infested with live trichinae. This fact alone makes it important that every one who eats pork should, for the protection of health eat it only for the protection of health, eat it only when thoroughly cooked.

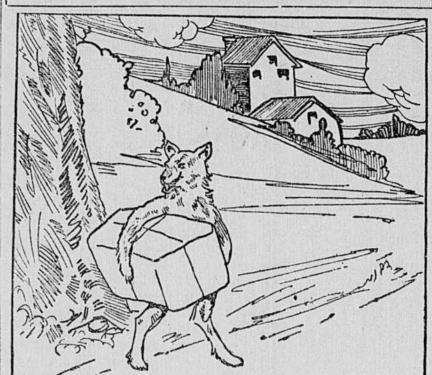
How to Eat Pork Safely. The trichina parasites die and be-ceme harmless when exposed to a tem-perature of 140 degrees Fahrenheit for a short time. In the case of uncured pork the thoroughness of the cooking can be judged by whether the meat clear to the centre of the piece has lost its reddish, bloody appearance and has become more or less white in col-



Pretty collars, guimpes and chem-isettes are made of net, in white or Of black velvet, with waist of gray, blue tulle over flesh-colored net. Roses of pale pink give the needed last touch.

New Indian Animal Stories

How Old Man Coyote Stole Summer. By John M. Cakison.



lost its reddish, bloody appearance and has become more or less white in color. In order to obtain a temperature of 140 degrees at the centre it is necessary that the temperature to which

SOAP ECONOMY

winter.

"I will go down where that old woman lives and steal that bundle from people the bundle in which summer.

The Seraps May Be saved and Used in Various Ways.

It is not being stingy, but rather

It is not being stingy, but rather.

Winter.

"I will go down where that old womher?" said old Man Coyote. He went was the bundle from people the bundle in which summer was teled; and soon after the welf put was the will and soon after the welf put was teled; and soon after the welf put was the could manage it; and after a while people, and before the chief could unher makes for progress. Some use it for when preparing the baby's bath, try

known to fall: If the pudding dish is placed in another dish containing waer it can be left without attention and the pudding never breaks. When it is not convenient to keep

Every housewife knows the difficulty

constant fire in a damp or stuffy room, put occasionally a bundle of straw or avings in the grate and set it on e. This will draw all the stagnant and damp air up the chimney and will be replaced by fresh air from the win-

Now that the gas bill grows in proportion with the long evenings, and incidentally there is more cooking, try incidentally there is more cooking.

To begin with, don't pretend. There are few visitors who would not prefer to share your home life, whatevor it may be, than to feel that you are incidentally there is more cooking. the large gas jet, and allow it to get hold, where there is neither great a hot. You will find that by so doing hot. You will find that by so doing you may keep three or four saucepans boiling on one ring instead of

VEGETABLE VARIETIES

Carrots and Peas

Wash and scrape your carrots and cut them into little cubes; then cook until soft, either in boiling salted water or stock. Drain and add the contents of a can or bottle of peas. Sea n with butter, pepper and salt and

Cauliflower With Bread Crumbs Place a whole cooked cauliflower on dish for serving, cover with buttered crumbs and place on an oven grate to brown the crumbs; remove from the oven and pour one cup of thin whits sauce around the cauliflower.

in pieces two inches long and one-half inch wide and thick. Cook five min-ules in boiling water or until soft. Drain, and to two cups of parsnips add one cup of drawn butter sauce. Glazed Onlons.

of making a baked custard pudding ess entertains us. If she is reposed, without letting it boil and so "break." cheerful and gracious, no matter how the following suggestion I have never simple the entertainment she has precheerful and gracious, no matter how instill pure-mindedness. pared, our visit is delightful. If, on

However, most women can make the

are few visitors who would not prefer

both for your own sakes and for the for it is far easier to preserve what sake of your guests. Cheap china can be chosen in good color and pattern. Japanese toweling at 10 cents a yard can be converted into table runners of hand-made filet lace and expensive An inexpensive daintly and appetizingly served. Of course, it is not only permissible

but quite the best thing to make an effort for your guests' entertainment. erations many of these institutions packages. special treats in the way of early fruit or broiling chickens or cut flowers on the table in winter are not os tentatious; they simply signify the desite to make your guests happy. Don't Apologize.

A second rule for the successful host-

Great Trials of History



The spring of 1886 saw an unusual amount of agitation among labor organizations looking to a higher rate of wages and a schedule of shorter working hours. The revoit was mostly in the West. Chleago was a sort of stormcentre. In May 40,000 workmen struck in Chicago to enforce the denand for an eight-hour labor day. During the early, part of the month several workmen had been shot by police and by Pinkerton detectives.

On the evening of May 2 was announced a public indignation meeting for the following day in Haymarket Square, at which "good speakers" would be in attendance. About 1,500 workmen assembled on May 4. Most of the addresses were comparatively mild in tone, but about 10 o'ciock, after the Mayor had gone and part of the audience had dispersed. Samuel Fielden, Albert R. Parsons, Adolph Fischer, George Engle and Louis Lingg were, on August 26, 1886, sentenced to death, and Oscar Neebe was sentenced to fifteen years' imprisonment at hard labor.

The trial had consumed a number of weeks, having been begun early in July. It was with much difficulty that a jury was obtained. On August 17, Captain Black, who was the leading custof for the amerchists, began his closing speech. He claimed that the whole of the murder rested on the shoulders of the man who threw the beamb, and he argued that the defendants could not be convicted as accestories before the fact.

On August 19, Judge Gary, before whom the trial had been held, charged the jury, in which he set out that all conspirators were equally guilty, concluding his speech at 2:50 P. M., after which the jury retired and had completed and scaled their verdict by 11 o'clock.

At this point a body of about 180 policemen marched up. Captain Ward addressed the crowd: "I command you, in the trial had been held, charged the pury in which he set out that all conspirators were equally guilty, concluding his speech at 2:50 P. M., after which the jury retired and had completed and scaled their verdict by 11 o'clock.

of the order to chain a temperature by the three cares of the bounded from the deer three could be the point as a fast as be could to the point as a fast as the could to the point as a fast as the could to the point as a fast as the could to the point as a fast as the could to the point as a fast as the could be the could be the point as a fast as the could be the point as a fast as the could be the could be the point as a fast as the could be the point as a fast as the could be point as a fast as the could be the could be the point as a fast as the could be the could be point as a fast as the could be point as a fast as the could be the point as a fast as the point a

Here he a recipe for Silitana cake.

It is economy for the housekeeper to buy eelery by the bunch rather than the same amount of lard; no then stall, The outside pleese make the same amount of lard; no the same amount of lard;

folds of a damp towel for about an hour before they are to be worn. The damp will stretch the kid, so that the gloves give to the required shape without splitting.

The reason may be hard to find. But velopment of the brain and body of the one contributin, detail is found in the child. Teach a child to believe its ease or difficulty with which our hostess entertains us. If she is reposed, straightforward answers, and you will straightforward answers, and you will fear of the sunlight spoiling their car-

> A child can easily be taught to rethe other hand, she is harrassed, wor- gard the daily exercise as just as much the other hand, she is harrassed, worried and evidently conscious of making an effort all the time, our visit is spoiled.
>
> The woman who cannot accept company with a good grace ought not to have it. Of course, sometimes she has to have it. She may be tired, without servants, perhaps half ill, with time gard the daily exercise as just as much a part of the usual routine as the bath and the cleansing of the teeth. Unless the habit is acquired early in youth, the offort of getting up in the morning and going through certain set exercises is more than most men and a breakfast dish with sausage. Make walt until bodily strength begins to design the daily exercise as just as much a part of the usual routine as the bath and the cleansing of the teeth. Unless the habit is acquired early in your hair its very oily, try dipping your brush in water and passing it through your brush in week. This will prevent superflusted the habit is acquired early in youth, the effort of getting up in the morning and going through certain set exercises is more than most men and a breakfast dish with sausage. Make walt until bodily strength begins to deservants, perhaps half ill, with time already too full, when unexpected and unwanted company descense upon her. Her case is pathetic, but her plight is unavoidable.
>
> walt until bodily strength begins to decline and the delicious.
>
> Is eaten with the grits it will be found delicious.
>
> Discolored bronze should be therefore, but her physical training. This often means mixture of two parts warm water and beliefeed. physical training. This often means mixture of two parts warm water and laboriously lumbering through such one part muriatic acid. Wipe dry with enter tainment of guests pleasant both to the guests and to the guests and to the guests and to themselves.
>
> To begin with don't present. These on muscular strength; without disinfectants to use in the cellar is To begin with, don't pretend. There tone in the muscles bodily strength de-tre few visitors who would not preter creases rapidly.

> housekeeper, nor too much work for those who do it, ought to be run in such a way that everyday manners are good enough for company.
>
> If you usually live simple, live simple when you have guests. But let your daily simple life be attractive, and character that these truths be instilled early, before nature has taken stock of one's powers your daily simple life be attractive. we have than to cultivate that which we have than to cultivate that which we do not possess. More than Lady cach piece out separately on a cloth to drain and fry quickly until a very has written eleganently on this subject. has written eloquently on this subject) lions of dollars spent annually on homes, hospitals and schools for feeble-mindwould be empty.

Proper supervision should be given teen. There is as little likelihood of host-Make natural rough-and-tumble among themess is this: Don't apologize. Make some daily life orderly and interesting enough not to feel ashamed of, however simple it may be. If your dinner has fewer courses than the dinnatural excitement are introduced into Poel small onions and cook in botting water fely fifteen minutes. Drain, dry on a cloth, put in a buttored dish for baking and add well-seasoned brown stock made from bouillon cubes and some firm of the games and artificial amusement that more harm own family. Nothing brings greater discomfort to guests than this. Alore exercise and eat, and you will give for baking and add well-seasoned own family. Nothing brings greated orown stock made from bouillon cubes (enough to cover the bottom of the dish); sprinkle with a little sugar and bake until the onions are soft, basting frequently with the stock in the pan.

fact that their tarts and pies do not

have the delicious brown desired. Al-ways keep in your cupboard a small pets or furniture have no idea of the

disease-destroying influence of If your hair is very oily, try dipping

in dark, damp corners.

Muscular activity is the positive method of keeping young. "Motion is essential to vigor of mind and body, also to sweetness and playfulness in daily living. Stiffness of means and playfulness in day bother of plays to the every-

Bacon is much more delicate and soft if it is first parboiled until the fatty part is almost cooked, then lay

has written eloquently on this subject) agree that were a few of the many millings of dollars spent annually on homes. or in the laundry, as there are some-times roaches that find their way into emissible ed expended in our schools in properly times roaches that find their way into make an teaching the young, in a couple of gentreleast times roaches that find their way into the kitchen by means of the grocers'

